

**Welcome to our inaugural**  
**“Strike Out the Stigma” event!**

Tonight, we are hosting a Strike out the Stigma event to raise awareness of mental health struggles and to “strike out” the stigma associated with sharing these challenges, which often prevents youth, adolescents and adults from getting the help that they need. Our theme tonight is **“Strike Out the Stigma”** with the hope to uplift our community through wellness-focused resources & remind you that ***you matter*** and are an important part of our community. We hope that talking about the importance of mental health will help students/adults feel more comfortable talking about it if they are ever struggling.

- ★ Did you know 1 in 6 children aged 2-8 years old has a mental, behavioral, or developmental disorder (CDC, 2022)
- ★ More than 1 in 3 high school students experience persistent feelings of sadness or hopelessness, a 40% increase since 2009 (CDC, 2022).
- ★ About 1 in 4 adults age 18 and older suffer from a diagnosable mental disorder (John Hopkins 2022).

**This event will have many fun and educational opportunities such as:**

- ★ Jeff Johnston, Living Undeterred throwing out first pitch.
- ★ Speaker Austin Byler, Former Professional Athlete, 2x NCAA All American & 2x MLB Draft Pick.
- ★ Project Safe is giving away TWO \$500 scholarships for any 9-12<sup>th</sup> grade student. Stop by their table to register. (Must be present to win)
- ★ Wellness Resource Area/Booths
- ★ Positivity Banner
- ★ Ice cream & popcorn fundraiser
- ★ Silent auction
- ★ Mindfulness coloring station

**Thank you for attending tonight's event. We appreciate your support! Proceeds from tonight will go towards Project Safe, The Green Bandana Project and future Strike Out the Stigma Events.**

